



Questions to ask a Potential Therapist

1. Are you accepting new patients?
2. What is your appointment availability? How long does an appointment last? How often will we be meeting? Do you have availability to increase frequency of appointments, if necessary?
3. What medical information do you require? Will I need a medical evaluation before entering your care?
4. What do you charge for a session?
5. What professional eating disorder specific training do you have? CBT, DBT, FBT, and ACT?
6. What is your experience working with eating disorders?
7. What percentage of your practice is devoted to treating clients with eating disorders?
8. What role do you believe family members should play in treatment? How and when are family members included in the treatment process?
9. How are individual treatment goals and objectives determined? How do you determine what treatment regimen I need?
10. What is your process of referral to a higher level of care if that is needed? What approach do you take to get patient to accept a higher level of care?
11. Do you offer Medicare or private health rebates where eligible?
12. Do you believe in complete recovery? How do you define recovery and incorporate this philosophy into your treatment approach?

**Adapted from The Eating Disorder Family Support Network*

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